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CITY REMEMBERS AMANDA TODD

CALGARIANS TO HOLD VIGIL IN HONOUR OF B.C. TEEN WHO
COMMITTED SUICIDE AFTER YEARS OF BULLYING

PAGES 4 AND 10



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SOUND WARRIOR

Austrian daredevil Felix Baumgartner steps from a capsule at a height of nearly 39 kilometres above the Earth's surface on Sunday. Baumgartner landed on his feet in New Mexico about nine minutes later, having achieved a speed of Mach 1.24, thereby reaching his goal of breaking the sound barrier. Story, page 7. BALAZS GARDI/RED BULL STRATOS/THE ASSOCIATED PRESS

XL workers recalled

The beef plant at Brooks calls back 800 of 2,000 pink-slipped employees to allow inspectors to finish their investigation

PAGE 3

Andes survivors get a rematch

Rugby players who resorted to cannibalism four decades ago finally play in Santiago

PAGE 8

No bad apples

Three apple recipes add a bit of interest to an old fall favourite

PAGE 20

Desperately seeking reunion?

Madonna moons a crowd that includes ex-husband Sean Penn and he acts like a lovesick groupie, sources say

PAGE 18



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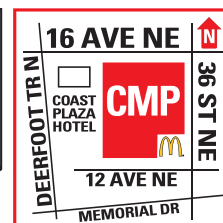
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Fast lane. IndyCar 'would be great' in Calgary: CEO

IndyCar's chief executive once got a taste of Calgary's hospitality and he would love some more.

But Randy Bernard told Metro in an exclusive interview that while a promoter did approach the circuit about sponsoring a local open-wheel racing event last year, the pitch "never went anywhere."

"I think it needs to make financial sense for our partner in any city we go to," he said. "There's other cities in Canada that are very interested in a race."

With the main sponsor of the Edmonton Indy, Octane Motorsports, pulling out of hosting the annual race, only Indy Toronto remains as far as the circuit's activities north of the border are concerned.

Bernard has said he was hopeful that Indy would return to two Canadian cities as early as 2014, but said Calgary was not likely to host an event so soon — if ever.

Nevertheless, the reminiscing CEO does have a personal connection to the local events scene, serving as an intern with the Calgary Stampede in 1988.

"Being there for a summer — five months — and seeing how much the city gets involved in its events, I think it would be a great market for us in Canada," Bernard said. "I just love the city and the people, it would be great to have a race there."

Local Ald. Shane Keating has mused about drawing an international racing circuit to a new track being pitched near Airdrie, known formally as the Rockyview Motorsports Park.

"If we can make something like that work, it's something we should definitely look into it," he said last month, just days after Edmonton Indy was cancelled. JEREMY NOLAIS/METRO



The XL Foods cattle processing plant is shown in Brooks, Alta., on Oct. 10. Some workers recently laid off by the company are being asked to return to help the CFIA with the inspection process. JEFF MCINTOSH/THE CANADIAN PRESS

Workers recalled to Brooks beef plant

XL Foods. Laid-off employees recalled to aid federal food inspectors with review

The meat processing company at the centre of an E. coli outbreak is recalling 800 workers it laid off only a day earlier, breaking an impasse that kept federal inspectors from completing their review of the operation.

The Canadian Food Inspection Agency's (CFIA) evaluation of XL Foods ground to a halt this weekend when

the firm announced it was temporarily laying off 2,000 workers. Federal inspectors said they had nothing to inspect without the workers handling the beef.

The Brooks, Alta.-based company blamed the layoff decision on the fact the federal government hadn't given it a firm date for when it would get its license back in order to fully resume operations.

But late Sunday afternoon, XL Foods put out a news release saying it was recalling 800 workers to help the CFIA finish its job.

The inspectors are currently halfway through a

review of how XL employees process 5,100 beef carcasses. If they're satisfied with what they see, XL could get its licence back.

"We look forward to actively working with CFIA to bring this to a viable and timely resolution to allow the plant to recommence operations," Brian Nilsson, co-CEO of XL Foods, said in a release.

That was a different tone than one the company struck just a day earlier, when they urged the CFIA to come to a "swift and viable resolution," apparently without the help of the workers.

THE CANADIAN PRESS

Consumer confidence

On Sunday afternoon, federal Agriculture Minister Gerry Ritz said he was pleased with XL's decision to continue with the CFIA review.

- "Consumer confidence is critical for Canada's beef industry, and that's why we won't compromise when it comes to the safety of Canadians' food," Ritz said in a statement.

1 NEWS

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RCMP. Alcohol believed to be factor in collision involving police cruiser

Charges are pending against a female driver after a vehicle smashed into a police cruiser at a Calgary construction zone early Sunday.

The incident took place just before 3 a.m. at Macleod Trail and 162nd Avenue S.E.

"She crashed into the side of the police vehicle and then careened into a City of Calgary vehicle," said police duty Insp. Paul Stacey.

An officer was inside the cruiser at the time and the vehicle's overhead lights were on.

"He suffered some minor bruises," Stacey said. "He was more in shock than anything."

The female driver was taken into custody and Stacey said alcohol is believed to be factor in the incident.

JEREMY NOLAIS/METRO

Audit committee. Whistle-blower program sees growing number of reports

More reports have been filed under Calgary's whistle-blower program so far this year than in all of 2011, according to a document to be presented this week at the city's audit committee.

Committee chairman, Ald. Brian Pincott, said the high number demonstrates that the program, which was created in 2007, is working.

"The program is becoming established, and people are using it more, which is great," he said.

Reports

70

The number of whistle-blower reports the city auditor received from Jan. 1 to Sept. 30. That compares to 68 in all of 2011.

The program allows city staff, the public and anyone who does business with the city to report allegations of waste or wrongdoing in confidence. ROBSON FLETCHER/METRO

Arrests. Fights early Sunday keep police busy

Two separate fights kept Calgary police busy overnight and three people involved in the altercations were taken to hospital.

The first incident occurred around 2:30 a.m. in the 600 block of 1st Street S.W. A group of people were reportedly involved in a violent dispute, but most had dispersed before officers arrived, according to Insp. Paul Stacey.

One man was found at the scene suffering from a stab wound.

Another fight broke out just after 3 a.m. at the corner of 10th Street and 11th Avenue S.W. Another man was found suffering from multiple stab wounds at the scene and a woman was also taken to hospital with rib injuries she said came from being kicked.

JEREMY NOLAIS/METRO



Calgary mother and bullying victim Stacey Costello spent much of Sunday promoting a candlelight vigil she is helping to organize in honour of bullying victim Amanda Todd, who is suspected of having committed suicide last week. JEREMY NOLAIS/METRO

Calgary vigil set for bullying victim

Community. Parents hope to rally support for event from local schools, politicians



JEREMY NOLAIS
jeremy.nolaïs@metronews.ca

They didn't know Amanda Todd, but her tragic story was all too familiar.

Calgary parents, teens, teachers and many more are planning to come together Friday evening at Olympic Plaza for a candlelight vigil in honour of Todd and to raise awareness

Quoted

"For every one Amanda Todd that's passed away, there's 50,000 more of her sitting in a school all by themselves.... No one does anything about it."

Kelly Atkinson, Calgary mother of six

about bullying.

Todd, a 15-year-old girl from Port Coquitlan, B.C., is believed to have committed suicide last week after posting a YouTube video describing the constant abuse she had suffered at the hands of friends, schoolmates and others after exposing her breasts on a webcam to a man. Even in the days after her death, hateful comments and images

of her body have continued to cloud many chat forums.

"It's just awful," said Calgary mother Stacey Costello, who is helping organize the vigil. "You wonder how can people be so hurtful?"

Costello grew up in B.C. herself and dropped out of school at age 14 because of constant teasing about the way she dressed and the colour of her

hair. Now in Calgary, she said her daughter has been dealing with similar abuse.

"I think that we really need to bring awareness to this epidemic," Costello said. "We are losing young people every day to this.... Changes need to be made."

By Sunday evening, just 24 hours after a Facebook event for the vigil had been created, more than 160 people had signed on to attend.

Kelly Atkinson, a mother of six, said she hopes to get teachers and principals at her kids' three schools involved.

"It's not just about this girl, it's about all of our kids," she said.

Reason to switch:

"There is always a TD bank close by wherever I am."

Ken K.
Calgary



Bond, James Bond, a one-year-old border collie cross is in for a long recovery after he was found with a rope deeply embedded in his neck. COURTESY OF THE ALBERTA ANIMAL RESCUE CREW SOCIETY

Dog rescued, released from rope

Animal rescuers have saved a border collie cross whose life was endangered by a rope tied around his neck that wouldn't give.

Bond, James Bond, as the staff at the Alberta Animal Rescue Crew Society have come to know him, likely had the rope put around his neck by his owners when he was very little, according to group president Clarissa Von Stetten.

At some point, the one-

year-old dog then managed to snap the rope and ran off into the wild. As he grew, the rope refused to break, creating a noose around his neck that was deeply embedded by the time AARCS saved him in a community north of Red Deer last week.

"Our veterinarian — she handles a lot of our emergency cases — said this is the worst case she has ever seen," Von Stetten said. "It was so terrible and so infected that

they have recommended doing a second surgery to help close off the wound."

AARCS is reporting a rise in the number of cases like Bond's and are recommending owners ensure any chain or rope put around a dog's neck is not tight enough that it cuts off the animal's airway. To help fund Bond's recovery, head to albertaanimalrescuecrew.com.

JEREMY NOLAIS/METRO CALGARY

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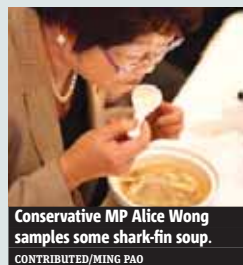
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Conservative MP Alice Wong samples some shark-fin soup.
CONTRIBUTED/MING PAO

Bylaw

MP's opposition to shark-fin ban shouldn't deter council: Pincott

The alderman behind Calgary's proposed ban on shark-fin soup expects the bylaw to be approved

Monday by city council, despite recent opposition to a similar ban by one federal politician.

Ald. Brian Pincott says he believes the position taken by Conservative MP Alice Wong should not affect municipalities' decisions on the issue.

Wong sampled a bowl of shark-fin soup at a press conference convened for Asian

media on Thursday in Richmond, B.C., where municipal officials are also mulling a ban on the dish, considered a delicacy by many Chinese people.

"Short-sighted behaviour by some MPs should not stop us from taking the action, taking the leadership we need to take," Pincott said.

Up to 100 million sharks are killed worldwide each year just for their fins, Pincott added.

Local opposition to the ban persists, says Ken Lee, a spokesman for the Calgary Chinese Merchants Association, which delivered a package to aldermen on Friday with more than 3,600 signatures and 160 letters

from concerned Calgarians.

Lee says the biggest concern isn't over the ban, itself, but over the process and what many perceive as a lack of consultation before the bylaw was introduced in July.

"What matters is public engagement," he said. "We live in a democratic system."
ROBSON FLETCHER/METRO

'This is our hockey and we love it': Hitmen can't be beat

Cheaper and better.

Fans of the WHL team say they enjoy the junior game more than the NHL and find ticket prices more reasonable



ROBSON FLETCHER

robson.fletcher@metronews.ca

Lockout? What lockout?

Many local hockey fans are unfazed by the ongoing NHL labour dispute and perfectly happy watching the Calgary Hitmen of the WHL, who are off to another strong start this season.

"If they stay locked out, that's A-OK with me. This is our hockey and we love it here," Eva Fell said yesterday during intermission at the Saddledome, where the Hitmen took on the Kamloops Blazers.

Fell has been a Hitmen fan for 13 years and her granddaughter, Paige Fell, 8, has been attending WHL games since she was two years old.

"I really like the Hitmen, and hockey is one of my favourite sports," Paige said, sporting a jersey signed by many of her favourite players.

Attendance

- Attendance at Sunday's game was 7,066. The Hitmen also played at home the night before, when 8,195 fans attended.
- The best season for Hitmen attendance was during the previous NHL lockout in 2004-05. The team averaged 10,062 fans per game that year, setting a WHL record.

Fell added: "It's more family-oriented than the NHL. It's more personal. The younger children can get to talk to the players."

Corey Herring has been coming to Hitmen games for the past five years and prefers the junior league to the NHL.

He estimates he attends at least 20 Hitmen games a year versus one or two Flames games.

"Ticket prices can't be beat, either," Herring said. "I mean, \$10 to a Hitmen game or \$50, \$60 to a Flames game. And for what? It's better hockey here, I think."

The Hitmen lost to the Blazers 5-2 on Sunday, marking their first regulation-time loss of the season.



Paige Fell, left, and Madison Zoback take in the Calgary Hitmen game at the Saddledome on Sunday, with Paige's grandmother, Eva, sitting behind them.

ROBSON FLETCHER/METRO

Reason to switch:

"Banking with TD means I can bank to fit my schedule."

Alan K
Calgary



Climbers await word on new gym

City council will vote Monday on a proposed new climbing gym near Calgary Olympic Park that competitive climbers say would move the city's facilities from sub-par to top-notch.

"Whenever I go to different facilities outside of Calgary, I'm always so excited and inspired ... because they're so tall," said Amy Sutley, a member of Canada's national youth-competition climbing team.

The proposed facility would encompass 20,000 square feet and stretch nearly 20 metres vertically.



Andrew Ball describes the eastern-slope Rockies as "a Mecca" for outdoor climbing. He says the sport is growing rapidly in popularity, both indoors and outdoors. ROBSON FLETCHER/METRO

A facility that high is "absolutely needed" in Calgary, according to Andrew Wel-

don, past president of Com-

petition Climbing Canada, who says competitive climbers can't build sufficient endurance on existing 10-metre walls.

Andrew Ball, an avid outdoor climber, was impressed by the facility's proposed interpretive component.

"I think it'd be really cool, actually, to have an interpretive centre that actually gave a basic history on the region of the Bow Valley and Canmore and Banff," Ball said.

If approved, site owner Watson Tai says the facility could open by 2014.

ROBSON FLETCHER/METRO

Stratospheric skydive goes down in history

Daredevil.

Austrian becomes the first skydiver to fall faster than the speed of sound

Austrian extreme athlete Felix Baumgartner landed gracefully on Earth Sunday after a 24-mile (38.6-kilometre) jump from the stratosphere in a dramatic, record-breaking feat that officials said made him the first skydiver to fall faster than the speed of sound.

Baumgartner came down in the eastern New Mexico desert about nine minutes after jumping from his capsule 39,045 metres above Earth. He lifted his arms in victory shortly after landing, setting off loud cheers from jubilant onlookers and friends inside the mission's control centre in Roswell, N.M.

"When I was standing there on top of the world, you become so humble; you

do not think about breaking records anymore, you do not think about gaining scientific data. The only thing you want is to come back alive," he said after the jump.

Brian Utley, a jump observer from the International Federation of Sports Aviation, said preliminary figures show Baumgartner reached a max-

Quoted

"Sometimes we have to get really high to see how small we are."

Felix Baumgartner

imum speed of 1,342 km/h. That amounts to Mach 1.24, which is faster than the speed of sound. No one has ever reached that speed wearing only a high-tech suit.

Baumgartner says that travelling faster than sound is "hard to describe because you don't feel it." With no reference points, "you don't know how fast you travel," he told reporters.

"Sometimes we have to get really high to see how small we are."

The altitude he leapt from also marked the highest-ever for a skydiver — more than three times the height of the average cruising altitude for a jetliner. Organizers said the descent lasted just over nine minutes, about half of it in free fall. Utley said he travelled 36,529 metres in free fall.

Three hours earlier, Baumgartner, known as "Fearless Felix," had taken off in a pressurized capsule carried by a 55-storey ultra-thin helium balloon. After an at-times tense ascent, which included concerns about how well his facial shield was working, the 43-year-old former military parachutist completed a final safety check-list with mission control.

As he exited his capsule from high above Earth, he flashed a thumbs-up sign, well aware that the feat was being shown on a live-stream on the Internet with a 20-second delay.

He activated his parachute as he neared Earth, gently gliding into the desert east of Roswell and landing without any apparent difficulty. He then was taken by helicopter to meet fellow members of his team, whom he hugged in celebration.

THE ASSOCIATED PRESS

The eagle has landed

- **Record numbers.** As Baumgartner ascended in the balloon, so did the number of viewers watching on YouTube. Nearly 7.3 million watched as he sat on the edge of the capsule moments before jumping.
- **Social-media surge.** After he landed, Red Bull posted a picture of Baumgartner on his knees on the ground to Facebook, generating nearly 216,000 likes, 10,000 comments and more than 29,000 shares in less than 40 minutes.



Felix Baumgartner celebrates Sunday near Roswell, N.M., after becoming the first skydiver to break the sound barrier. The Austrian also broke the record for the highest skydive. BALAZS GARDI/RED BULL STRATOS/THE ASSOCIATED PRESS

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Breaking off. Scottish, British authorities to reveal referendum terms

It's not a meeting David Cameron is likely to enjoy.

The British prime minister is due to visit the leader of Scotland's separatist administration on Monday to agree to the terms of a referendum that could break up the United Kingdom.

Cameron does not want to be the leader who presides over the demise of the 300-year-old political union between England and its northern neighbour. But, practically, there is little he can do to stop politicians in semi-autonomous Scotland asking voters whether they want to break free.

With Scotland, like much of Europe, facing recession and economic uncertainty, the answer is hard to predict.

"I can't find a job and my prospects are slim," said Sally Murray, an unemployed office worker in Edinburgh. "I've got nothing to lose. Perhaps my prospects would improve by going independent."

Officials from London and Edinburgh have been meeting for weeks to hammer out details of a vote. Sticking points included the date and the wording of the question.

THE ASSOCIATED PRESS

Poor choice of words

Bad joke prompts evacuation of main Anchorage airport terminal

The manager at Alaska's main airport says he expects charges to be filed after a bad joke led to the evacuation of a terminal.

Ted Stevens Anchorage International Airport manager John Parrott says the incident happened a little after 12 a.m. local time Sunday, and the terminal was cleared as authorities searched through baggage. Investigators questioned a man who made reference to a bomb, as well as his two travelling companions.

They figured out that he was joking, and needless to say, they didn't find it funny.

Parrott says he expects state charges and possibly federal charges to be filed against the man, but referred further questions to prosecutors. The terminal was reopened at about 3 a.m. local time.

THE ASSOCIATED PRESS

Adorable snack

Chinese scientist says fossils show prehistoric man ate pandas

A Chinese scientist says that humans used to eat pandas.

In a newspaper interview, Wei Guangbiao says prehistoric man ate the bears in what is now part of the city of Chongqing in southwest China. Wei, the head of the Institute of Three Gorges Paleoanthropology at a Chongqing museum, says many excavated panda fossils "showed that pandas were once slashed to death by man."

The Chongqing Morning Post quoted him on Friday as saying: "In primitive times, people wouldn't kill animals that were useless to them" and therefore the pandas must have been used as food.

But he says pandas were much smaller then.

Wei says wild pandas lived in Chongqing's high mountains 10,000 to one million years ago.

THE ASSOCIATED PRESS

Andes crash survivors play memorial game

40th anniversary. Former members of Uruguayan rugby team reflect on what they learned from a horrifying experience

Surviving members of an Uruguayan rugby team have played a match postponed four decades ago when their plane crashed in the Andes, stranding them for 72 days in the cordillera and forcing them to eat human flesh to stay alive.

The Old Christians Club squared off Saturday in Santiago in a game that was tied 1-1 against the Old Grangonian Club, the former Chilean rugby team they were supposed to play back when their flight went down. Their terrifying story became the basis of a bestselling book and a Hollywood movie.

"At about this time we were falling in the Andes. Today, we're here to win a game," crash survivor Pedro Algorta, 61, said as he prepared to walk onto the playing field surrounded by the jagged mountains that trapped the group.

During the anniversary ceremony, military jets flew over the field, where parachutists draped in Chilean and Uruguayan flags landed. In a corner, survivors wept when officials unveiled a commemorative frame with pictures of those who died in the snowy peaks.

"The conditions were more horrifying than you can ever imagine. To live at 4,000 metres without any food," said survivor Eduardo Strauch, 65. "The only reason why we're here alive today is because we had the



Carlos Paez, 58, a former member of Uruguay's rugby team who survived a 1972 plane crash with his team, waves a small red shoe after a helicopter carrying fellow team member Fernando Parrado lands in a rugby field in Santiago, Chile, Saturday. Parrado gave a similar shoe to his friends at the plane crash site in 1972 before he trekked through the Andes with a single companion for 10 days and guided rescuers back. LUIS ANDRES HENAO/THE ASSOCIATED PRESS

Survivor

"I came back to life after having died.... It's something that very few people experience."

Plane-crash survivor Fernando Parrado
Who left the crash site in the Andes with one other person to guide rescuers to the survivors.

goal of returning home.... (Our loved ones) gave us life. They made the sacrifice for others."

The Uruguayan air force plane that carried the team crashed in a mountain pass in October 1972 while en route to Santiago from Montevideo. Of the 45 passengers aboard, 16 survived by feeding on dead family members and friends preserved in the snow.

"I think the greatest sadness I felt in my life was when I had to eat a dead body," said Roberto Canessa, 59, who was a teenage medical student at the time of

the crash.

"I would ask myself: Is it worth doing this? And it was, because it was in order to live and preserve life, which is exactly what I would have liked for myself if it had been my body that lay on the floor," he said.

Desperate after more than two months in the frigid peaks, Canessa and Fernando Parrado left the crash site to seek help. It was the group's last attempt at survival. THE ASSOCIATED PRESS

200 Muslim guerrillas arrive in Manila for peace-pact signing

About 200 Muslim rebels, led by their elusive chief, arrived in the Philippine capital on Sunday for the signing of a preliminary peace pact aimed at ending one of Asia's longest-running insurgencies.

The Moro Islamic Liberation Front's decades-long rebellion has killed tens of thousands of people and held back progress in the south, where Muslims make up a sizable minority. Government and rebel negotiators forged the framework peace agree-

ment Oct. 7 in Malaysia after 15 years of tough negotiations.

The pact's signing on Monday will be witnessed by President Benigno Aquino III, Malaysian Prime Minister Najib Razak and rebel chairman Al Haj Murad Ebrahim, who will set foot for the first time in Manila's Malacanang presidential palace, where officials have prepared a red-carpet welcome.

Murad has seldom appeared in public in past years. Aquino met Murad secretly in

Tokyo for the first time last year to underscore their commitment to settle the rebellion.

About 300 Muslims from Manila and southern provinces held a noisy rally outside the palace on Sunday in support of the preliminary accord, yelling "Allahu Akbar," or "God is great." They called for more development in the resource-rich but impoverished southern Mindanao region, the homeland of minority Muslims in the predominantly

Roman Catholic nation.

Security has been tightened in the capital, although no disruptions were expected.

The agreement is to be signed by government negotiator Marvic Leonen and his rebel counterpart, Mohagher Iqbal, and will serve as a road map outlining general agreements on major issues, including the extent of power, revenues and territory of a new Muslim autonomous region to be called Bangsamoro.

THE ASSOCIATED PRESS

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Women protest to condemn the attack on 14-year-old schoolgirl Malala Yousufzai, who was shot last Tuesday by the Taliban, in Islamabad, Pakistan, on Sunday. ANJUM NAVEED/THE ASSOCIATED PRESS

1,000s rally for girl shot by Taliban

Pakistan. Schoolgirl shot in the neck for promoting girls' education still recovering in hospital

Tens of thousands rallied in Pakistan's largest city Sunday in the biggest show of support yet for a 14-year-old girl who was shot and seriously wounded by the Taliban for promoting girls' education and criticizing the militant group.

The Oct. 9 attack on Malala Yousufzai as she was returning home from school in Pakistan's northwest horrified people inside and outside the country.

At the same time, it gave hope to some that the government would respond by intensifying its fight against the Taliban and their allies.

But protests against the shooting have been relatively small until now, usually attracting no more than a few hundred people.

That response pales in comparison to the tens of thousands of people who held violent protests in Pakistan last month against a film produced in the United States that denigrated Islam's Prophet Muhammad.

Demonstrations in support of Malala — and against rampant militant violence in the country in general — have also been fairly small compared with those focused on issues such as U.S. drone attacks and the NATO supply route to Afghanistan that runs through Pakistan.

Right-wing Islamic parties

A new light

"Malala Yousufzai is a beacon of knowledge. She is the daughter of the nation."

Altaf Hussain, chief of the Muttahida Quami Movement, speaking to a Pakistan audience by telephone from London

and organizations in Pakistan that regularly pull thousands of supporters into the streets to protest against the U.S. have less of an incentive to speak out against the Taliban. The two share a desire to impose Islamic law in the country — even if they may disagree over the Taliban's violent tactics.

Pakistan's mainstream political parties are also often more willing to harangue the U.S. than direct their people power against Islamist militants shedding blood across the country — partly out of fear and partly because they rely on Islamist parties for electoral support.

One of the exceptions is the political party that organized Sunday's rally in the southern port city of Karachi, the Muttahida Quami Movement. The party's chief, Altaf Hussain, criticized both Islamic and other mainstream political parties for failing to organize rallies to protest the attack on Malala.

He called the Taliban gunmen who shot the girl "beasts" and said it was an attack on "the ideology of Pakistan."

Many of the demonstrators carried the young girl's picture and banners praising her bravery and expressing solidarity.

THE ASSOCIATED PRESS

U.S. election. Obama, Romney prepare for second debate

The next eight days could prove critical for both Barack Obama and Mitt Romney — the two bitter rivals for the White House square off for their second and third prime-time debates, both well aware that their first face-off dramatically altered a roller-coaster presidential race.

The two men took a break from campaigning on Sunday to undergo intensive debate preparation ahead of their next high-stakes clash, this time a town-hall-style event on both foreign and domestic policy being held

in Hempstead, N.Y., on Tuesday.

Obama was in Williamsburg, Va., at a posh resort on the James River. Various members of his debate prep team, including Romney stand-in Sen. John Kerry — toting a massive binder filled with colour-coded dividers — were seen milling about the resort on Sunday, hoping to ensure a far more spirited, engaged Obama shows up this week.

Romney was at his home in Boston, hoping to build upon his recent momentum by best-

ing Obama yet again with another razor-sharp debate performance.

Obama plans to be more aggressive when he squares off against Romney this week, the president's top adviser said Sunday. "He is going to make some adjustments on Tuesday," David Axelrod said on Fox News Sunday. Axelrod accused Romney of having "serially walked away from his own proposals" during the first showdown — watched by almost 70 million Americans. THE CANADIAN PRESS

Showdown

Only two politicians in 52 years came from behind and were propelled to the White House following strong televised debates — John F. Kennedy in '60 and George W. Bush in 2000 — and Romney is aiming to become the third.

- The men's final showdown is on Oct. 22 in Boca Raton, Fla.

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La Francophonie. Harper wants next summit held in a democratic country

Prime Minister Stephen Harper says he's glad he attended the summit of French speaking nations but hopes the next one is held in a country that promotes democratic values.

Harper said Sunday that he had definite reservations about taking part in the weekend's international gathering of la Francophonie in the Democratic Republic of the Congo.

The African country has been widely criticized for abusing human rights and allowing widespread sexual violence against women.

President Joseph Kabila was returned to power last year amid allegations of electoral fraud, something Harper

Meeting

Prime Minister Stephen Harper and Quebec Premier Pauline Marois met while in the African country Saturday.

- **Co-operation.** Harper said the meeting was "cordial" and focused on the economy.

described as "completely unacceptable."

But Harper said his visit did allow him to meet people who are changing things in the country. **THE CANADIAN PRESS**

Guns

Firearm-related crimes cost billions

Crimes involving guns cost Canadians more than \$3 billion a year, suggests an internal Justice Department study that may stoke the gun-control debate. **THE CANADIAN PRESS**

Car rage

Man bashes own car in parking lot

A man who bashed his elderly hearse with a sledgehammer in a Canadian Tire parking lot in Halifax Sunday was giving it a "proper sendoff," say police. **THE CANADIAN PRESS**

Online bullying victim shocked by girl's death



Amanda Todd, 15, is shown in this undated handout photo from a Facebook memorial site set up after her suspected suicide. **THE CANADIAN PRESS/FACEBOOK**

Mental health. Teen who also posted video about being bullied wishes he could have helped Amanda Todd

Their pleas for help were strikingly similar, but ended with tragically different results.

Amanda Todd, 15, of Port Coquitlam, B.C., and Jonah Mowry, now 15, of Lake Forest, Calif., may have never met, but both lived lives of torment at the hands of bullies. Both recounted their suffering through hand-written notes, flashed before video cameras and published online.

They wrote about their loneliness, lack of friends and

Quote

"I think that putting your kid in therapy can be good for so many reasons."

Jonah Mowry, a California teen on how parents can help their children dealing with bullying

thoughts of suicide, yet only one remains alive.

The B.C. Coroners Service has said preliminary indications suggest Todd took her own life last Wednesday.

"I was kind of speechless," said Mowry, when he learned of Todd's death. "I kept thinking I wish I could have known her, I wish I could have talked to her, I wish I could have done something."

In the wake of Todd's death, victims of bullying across North America like Mowry, and his parents and their friends, are reliving their own experiences and offering advice on how to survive the torment and end the harassment.

The reactions come while RCMP investigators conduct interviews and review the factors that led to the death of the B.C. teen.

Todd had posted her nine-minute video on YouTube, in which she described how she suffered anxiety, major depression and turned to drugs and alcohol and even tried to kill herself twice.

THE CANADIAN PRESS

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Feds urged to fast-track citizenship before Games

The Canadian Olympic Committee urged Immigration Minister Jason Kenney's office to fast-track the Canadian citizenship of a Chinese-born table tennis star in time for him to compete for Canada at the Summer Games, a newly

released document shows.

A short time later, Eugene Zhen Wang, the top-ranked table tennis player in North America, was a Canadian citizen.

"The Canadian Olympic Committee supports Mr.

Wang's request and I am writing to confirm that Mr. Wang would be eligible to compete for Canada at the 2012 London Olympic Games if he is granted Canadian citizenship by July 4," says a May 11 letter to Kenney's office. **THE CANADIAN PRESS**



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India presents 'real opportunity' for aerospace industry, trade council says

Aviation renaissance.

Canadian firms urged to take advantage of boom in airport construction, soft infrastructure

Canada's aerospace sector can create jobs at home by taking advantage of India's modernization and recent moves to liberalize its foreign ownership restrictions, says the head of the Canada-India Business Council.

The world's most populated democracy has been growing in the shadows of fellow Asian giant China and other regional powers. But with India investing billions of dollars a year in infrastructure, the country is expected to become a top five aerospace country by 2020.

"I think there is a real opportunity for us," council president

Quoted

"We have an opportunity to help India with what they would consider a crisis need right now."

Rana Sarkar, president of the Canada-India Business Council

Rana Sarkar said in an interview from Toronto.

"They're not going to go with one supplier, they're going to go with a syndicate of suppliers and for us to be in that mix is an important thing."

Canada's aerospace and space sectors generate annual revenues of more than \$22 billion and employ about 80,000 Canadians in more than 400 firms across the country. Companies such as Bombardier and CAE Inc., along with engineering and construction firms, are already pushing to take advantage of the growing demand for new aircraft, pilot training and

airport construction.

But more potential remains untapped. "In virtually every sector in the aviation business, this is sort of like the 1950s in North America. You're starting to see just an arithmetic growth," he said.

The opportunity could total \$1 trillion. And even though Canada's share will be small, it's still significant compared to where Canada's sector has been historically, Sarkar said.

Much of India's potential comes from the massive airport construction underway that could upgrade 35 facilities and add 10 new airports in smaller



Rana Sarkar, president of the Canada-India Business Council, says India's aviation industry is undergoing "arithmetic growth." CONTRIBUTED

cities. But India also has great demand for soft infrastructure such as training services, air traffic control and maintenance, as well as education. That's where Canada can use its strengths, particularly in the country's largest aero cluster in Montreal, he said.

THE CANADIAN PRESS

Broadcasting

Radio-Canada focuses too much on Quebec: Study

A long-standing complaint concerning Quebec navel-gazing by the CBC's French-language news service has been revived as the national broadcast regulator considers Radio-Canada's licence renewal.

Sen. Pierre de Bane commissioned an exhaustive research study that suggests Quebec television viewers may be getting an "unrepresentative image of the Canadian reality."

A sample of 2010 newscasts on Le Téléjournal, taken by a Carleton University researcher, found 42 per cent of the coverage focused on Quebec, a third dealt with international news and just 20 per cent covered Canadian "national" news. THE CANADIAN PRESS

TD Bank

Wayward data tapes affect 1,000 account holders

A TD Bank spokeswoman says about 1,000 Canadians with U.S. accounts could be affected after data tapes containing personal information were misplaced.

Maria Saros Leung says letters will be sent to those customers by next Friday. But she says in an email that the bank is not classifying the incident as a breach since there's no evidence of criminal activity.

TD Bank has confirmed unencrypted backup data tapes were misplaced during transport in March and said it has started notifying about 260,000 customers from Maine to Florida.

THE CANADIAN PRESS

Drug-patent deal could cost \$2B yearly, officials say

Confidential federal research on free-trade talks with Europe shows that giving the European Union just one part of what it wants on drug patents would cost Canadians up to \$2 billion a year.

The Department of Foreign Affairs and International Trade has always insisted it's a "myth" that the Canada-EU free trade deal would increase health costs.

But in September, officials at Industry Canada and Health Canada combined forces to examine the cost of the European demand to implement a patent-term restoration system, The Canadian Press has learned.

They found that based on past history of approval patterns, the EU proposal would add an average life of 2.66 years to a typical drug pat-

ent, and increase Canadian drug costs by between \$795 million and \$1.95 billion annually.

The range of projections is large because government analysts have no way of knowing exactly what kind of drugs will be in line for patents in the future, and had to make some broad assumptions.

Generally, the extra costs

stem from patients having to rely on brand-name drugs for longer than they do now, rather than turn to cheaper generic drugs that would be available sooner if patents were not extended.

The costs would have to be covered by provincial drug plans, employee insurance plans and people who buy drugs.

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PUT ON YOUR FOOTBALL JERSEY — IT'S GONNA BE A LONG WINTER



HIGH PLAINS DRIFTER
James Callisen
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the owners and the players but I feel like I've seen this whole song-and-dance routine before. In fact, I do believe it was less than 10 years ago.

Sure, there's a window of opportunity, but I just have a hunch that the players thirst for 57 percent of the league's take

and the ownership's steely resolve to break the union's iron will is going to wind up cancelling the 2012-13 season.

Now, I know there's still time to get a deal in place between

the owners and the players but I feel like I've seen this whole song-and-dance routine before. In fact, I do believe it was less than 10 years ago.

Sure, there's a window of opportunity, but I just have a hunch that the players thirst for 57 percent of the league's take

and the ownership's steely resolve to break the union's iron will is going to wind up cancelling the 2012-13 season.

However, right now is not the time to panic. Far from it. We're in the middle of the greatest time of year to be a sports fan in North America.

We've got some fantastic Major League Baseball playoffs underway, the CFL is entering the homestretch and the NFL is in full swing. It downright boggles my mind how the average sports fan (and I'd like to think that hockey fans

enjoy other sports) could be hurting already for NHL hockey. You've got all winter to feel sad, depressed and lonely without your beloved Hockey Night In Canada. Take the current opportunity to fill up on as much pro sports as possible before there's little to be had.

That's why I find it odd when our country's sports media tend to lead with boring and pointless hockey-negotiation stories as opposed to what's actually happening in, well, actual professional sports leagues that are operating as sound businesses as opposed to labour discussions between millionaires and billionaires. Instead of extra innings in a National League division series, or Jon Cornish rushing for 100 yards, we instead hear about yet another failed negotiation or about meetings that didn't happen.

By the second week of February, the Super Bowl will be over and there will be nothing left but junior hockey and the NBA to satiate the sports fan. That's the time to grasp at straws, analyze what went wrong and hunt for anything that's remotely even close to NHL-calibre hockey.

But until then, put on your football jersey and slap on your baseball hat. Enjoy the ride, because by the way things are looking between the players and the owners, we're in for a long, cold, lonely winter.

Big Brother auditions

Canadians compete for the spotlight

Turns out Canada has a healthy share of reality-show schemers and dreamers.

The casting call for Big Brother Canada drew its biggest turnout Sunday when the show made its final audition stop in Toronto.

Hundreds of wannabe players filled a cavernous hotel ballroom that had been converted into a waiting room for the day.

They included Kristy Gorny, a 35-year-old single mom from Oshawa, Ont., who said her longtime love for other elimination-style

reality shows, including Survivor and The Amazing Race, would give her an edge.

She knew exactly how she'd play the game if chosen to be on Big Brother Canada — where 14 people will be made to live together in a camera-rigged house cut off from all contact with the outside world.

"I'm assuming most house guests will think that I would be more like the mom of the (house) but really I'm going to be the competitive gamer that'll probably stab you in the back," said Gorny, who arrived just before 8 a.m. and expected to wait several hours to see the judges.

THE CANADIAN PRESS

Polar bear? No, it's polar beer!



ROBERT NEMETI/SOLENT

Quirky beer making

Un-freezable bevy for polar explorers

A special beer has been crafted to survive the coldest place on Earth — the South Pole.

The British ale Pole-Axed is designed to retain its flavour after being frozen in temperatures of -89 C.

Previously, ales brought to Antarctica could not cope with the low temperatures — the beer would freeze and lose its taste.

METRO

Explorer's viewpoint

"We've never asked a brewer to do this kind of thing before but we thought it would be a nice idea.... I've had a taste of it already and it's a brilliant beer. It will be a great treat for Christmas Day."

Explorer Rob Brown, pictured, from the National Oceanography Centre in Southampton, England. Brown is one of the team members who will be enjoying the beer in Antarctica.

Beer status

Beer's journey for Christmas arrival

The secret-recipe ale, which is due to make its 16,000-kilometre journey to the South Pole this week, is currently being put into plastic bottles, which will then have the air squeezed out of them.

The process allows the liquid to expand when frozen and prevents the gas from escaping.

After it arrives, it will be kept safe until Christmas Day when the explorers will merrily drink it.

METRO

Yuletide lager

20

pints (11.3 litres) of beer will be sent to the polar explorers to enjoy on Christmas Day. The team from the British Antarctic Survey and the National Oceanography Centre will be conducting research at the subglacial Lake Ellsworth for three months.



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What would you change about the iPhone 5?

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@CassieSavilleXO:

Good to see there's still wasps flying around... Must not be that cold. #yycc

@caitlin_fay:

Exhausting but successful weekend. Back to the real world tomorrow #YYC #dance

@rachy_laura:

Great sunday in #yycc - football, farmers market and italian for dinner!

@AdCJohnson:

And in the end, Long comes up short. Almost had the Cowtown Carousel miracle to wrap it up. Great effort from the #Colts #yycc

@meplusLM:

I just figured out that my girlfriend's a hipster. She loves Starbucks, has Instagram, posts pics of food & hashtags #yycc @mGtheadxlol

Canada's game show heritage is as rich as a vat of maple syrup, dripping with decades worth of eager-beaver contestants and smooth talking hosts who left an indelible mark on the quizzical landscape. With Comedy Network tapping Oshawa stand-up comic Darrin Rose to emcee a reboot of Match Game, we salute this country's outsized contribution to the high-stakes genre.

MIKE DOJC
scene@metronews.ca

Classic show revisited

Fill in the blanks with DiGiovanni

Debra DiGiovanni is among the regular panelists who will be appearing on the new version of Match Game, which starts airing today on The Comedy Network. We decided to ask her a few questions from the 1973 season of the classic game show that asked celebrities and contestants to fill in the missing word.

1. One spy said to the other, "Beware of Lola, one of her CAMERAS is really a camera." Debra says: This is an example of some of the answers we received from nervous contestants. Cute.

2. The sexiest thing a woman can wear is A SMILE (WHILE NAKED). Debra says: I'm totally guessing at this one. I clearly have no idea.

3. John and George traded WIVES for a week. Debra says: I'd choose that answer because I know that for most men, that's their biggest fantasy, especially if their wives were sisters. I know, men are weird!

4. Mary liked to pour gravy on John's LAP. Debra says: Responding with a smutty answer is a surefire match. I would've said "BOOBS" but then that

Hometown Showdown: Where do these hosts hail from?

Monty Hall
Let's Make A Deal

Clue: A Winnie the Pooh costume could sweeten an audience member's chances of getting picked to trade for a prize.



ALL HOSTS GETTY IMAGES

Howie Mandel
Deal or No Deal

Clue: With the big five all based here, there are plenty of bankers available to sway a contestant to part with their briefcase.



Alex Trebek
Jeopardy

Clue: This 'Nickel City' east of Sault Ste. Marie and west of North Bay is the stomping ground for a hockey team that howls.



Flip over for answers



- 3. Sudbury
- 2. Toronto
- 1. Winnipeg

Name that Homegrown Show

J _ t Like M _ _

The signature segment on this family affair from the 1980s was the 60-second bake-off where young contestants would blitz through a recipe. Their grown-up partners would then taste test the rushed dishes and determine which one their kid made.

T _ t P _ _ tern

Mini-games like human piñata, bowl and win, dance break, and hide the salami lent this wacky hit a fraternity party feel. The game-ending lightning round had contestants put on helmets with light bulbs on top and whack a button on their forehead to buzz in.

_ _ m _ r Stu _ ers

This Global TV puzzler hosted by Al Dubois turned the highway boredom bust-



Remember this one? Or are you stumped? Get it? SCREENSHOT

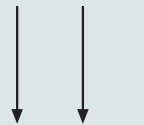
ing pastime of attempting to decode the meaning of vanity licence plates into word nerd heaven. If the show was still airing today, a clue would be "MRONV" belongs to The Voice judge

Adam Levine. Answer: Maroon 5.

_ _ u B _ t _ ou _ A _ _

This trivia show was never short on potty humour. Take this actual question from

Flip over for answers



- 4. You Bet Your Ass
- 3. Bumper Stumpers
- 2. Test Pattern
- 1. Just Like Mom

the category 'Smelly Things': "What colourful mixture of dried flowers, herbs and spices is often found in a woman's bathroom to unsuccessfully mask the odour of her number twos?"

2 SCENE



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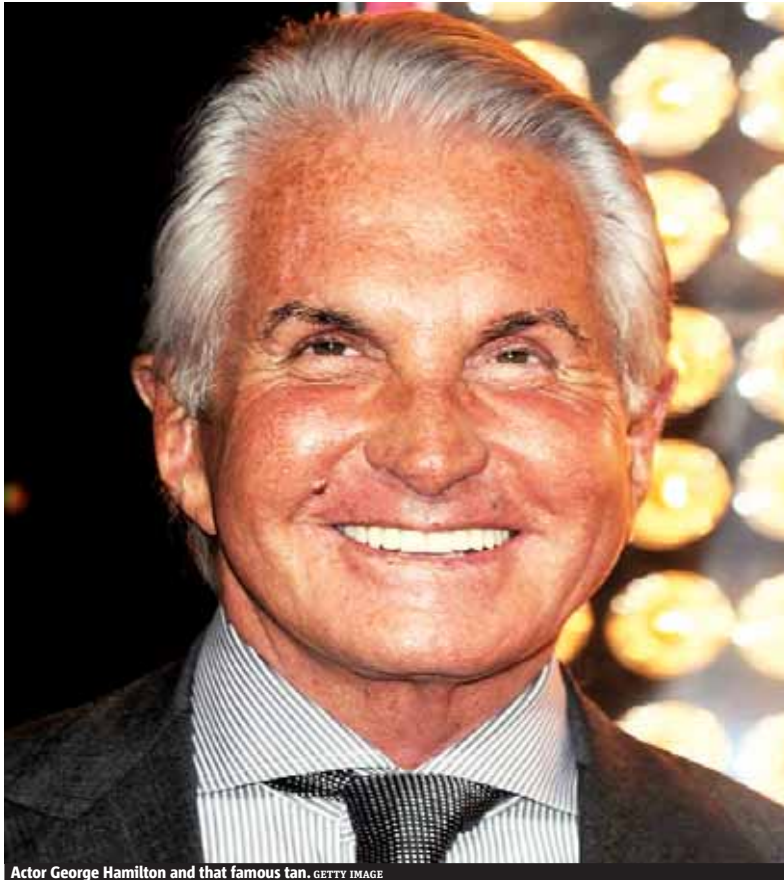
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Actor George Hamilton and that famous tan. GETTY IMAGE

Veteran actor/ladies' man Hamilton shows us he's still tan-tastic

Q&A. As smooth and funny as ever, the *Love at First Bite* star shares some time and advice with Metro readers

MARK BRESLIN
scene@metronews.ca

George Hamilton is renowned for his handsome, martini-swirling, jet-setter image, and of course that famous bronzed skin. These days he is partial to reality TV shows and movie spoofs, although in his early acting days the Tennessee native was a serious contender for dramatic film stardom. He drifted into comedy and parody though, occasionally delving into drama or theatre, but ultimately forming a successful career. Here Metro's Mark Breslin poses some questions

to the man himself.

You've been involved with some of the most beautiful women in the world. What advice would you give a young man just starting out?

The first thing you tell a woman is that sex is something you want and you wouldn't be with them unless you wanted to have sex. You may have dinner with them 100 times before that happens but you want them to know you would never pounce on them. Then you let the woman know you're old-fashioned; basically you open doors, stand up for them. That puts you in control, they can't even open the door without you, it's wonderful. And you order for her, they find it very charming. And then the other part of that is, you don't have to say you're faithful. There could be the possibility of other women but you never lie.

You never lie about that. George, you're known for your signature tan. Do you have any friends that are dermatologists?

Yes and they've all asked me what my secret is.

How many tuxedos do you own?

Probably about 50. Sinatra probably wants one of them back.

Do I have to ask your position on casual Fridays?
I don't even know what casual Fridays are.

Do you think it's a particular challenge for a handsome man to do comedy?

I don't think anyone expects a good looking guy to be funny and I think that's part of the problem. I had to produce movies like *Love at first Bite*, and *Zorro: The Gay Blade* just to show that I was funny. Then they forget that you can play serious!



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Monday, October 15, 2012

17

metro

Building on his television success

Mike Holmes.
Canada's handyman
is taking on larger
projects for new show

native does what he did in his previous series, Holmes on Homes and Holmes Inspection: He comes to the rescue of distraught homeowners suffering from contracting work gone wrong.

Only this time, he's also taking on larger projects, including the redesign and build of an arson-destroyed High Park playground in Toronto, and the construction of an accessible outdoor deck and dining area for a paralyzed teacher.

"The storyline in Holmes Makes It Right is so much bigger and I'm the type of guy, I can't turn a blind eye to something," said Holmes, who is still in touch with many of his clients from past episodes and often gets thank-you presents and cards from them.

"So if I actually walk in the house and I see a lot more wrong with it, I'm my own worst enemy because then I'll say, 'We need to look into this, we need to look into this,' and before we know it, from what is scheduled to be a three-week job turns into six months of construction and a half a million dollars later."

Holmes said when he first agreed to be on television over 10 years ago, he vowed it would just be for two years because he's too busy.

"And 'Hotel California' stepped in where you won't

Tune in

Holmes Makes It Right
debuts Tuesday (at 9 p.m.
ET/PT) on HGTV Canada.

let me go," he said with a laugh, noting that out of the 100,000 emails he gets from viewers a year, "probably 60,000 of them are begging for help and are in real turmoil."

"That I can't help everyone is the hardest thing that I face. I wish I could. A lot of these people may go bankrupt, lose their home ... (go through) divorce — I call it divorce dust. But I'm doing what I can and I'm trying to teach so they don't fall in this trap."

While Holmes may hear from viewers often, that's not the case when it comes to the contractors whose shoddy work led to the disasters he sees in homes.

"Out of almost 200 shows that I've finished by this date, there's only two contractors that I've heard from," he said. "They put the tail between their legs and sort of run. It's a shame but it's expected."

"They realize they were wrong and I can only hope that the majority learn from what they saw on television."

THE CANADIAN PRESS



Toronto native Mike Holmes HANDOUT



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Hemsworth and Cyrus get matching tattoos

They've already proven their devotion to each other through getting engaged and adopting more than enough dogs, but Miley Cyrus and fiancé Liam Hemsworth apparently wanted to go a step further and get connecting tattoos.

In July, Cyrus had an excerpt from a speech by Theodore Roosevelt inked on her forearm, and Hemsworth has since gotten the rest of the quote tattooed on his forearm, according to Hollyscoop.

Quoted

"If he fails, at least fails while daring greatly"

What one half of the Cyrus/Hemsworth tattoo says.

Cyrus' arm has one part, Liam has the other.

"So that his place shall never be with those cold and timid souls who neither know victory nor defeat," while Hemsworth's continues, "If he fails, at least fails while daring greatly."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Penn and Madonna re-uniting?



THE WORD
Dorothy Robinson
scene@metronews.ca

Forget the rumours of Beverly Hills 90210 actors Luke Perry and Jennie Garth falling back in love after reuniting for an Old Navy commercial — here's a pop culture reunion that's much, much juicier.

On Thursday, Sean Penn sat front and centre at his ex-wife Madonna's Staples Center concert and even visited her backstage.

An extremely excited (and pervertedly descriptive) source tells RadarOnline that during the concert, Madonna "stared Sean dead in the face, smiled, unzipped her pants, and mooned the crowd, but it was really like she was mooning Sean!"

The source added that, "He laughed and clutched his chest like he was going to pass out. She was wearing a black lacy thong, and her butt looked perfect! So smooth and tight. ... like a 20-year-old's!"

After the show, Penn was spotted backstage "gushing" over his ex.

"Sean was like a teen-



age boy meeting his idol," another eyewitness told the site. "It was amusing, and kind of cute."

Penn and Madonna were married from 1985 to 1989. It was, by all accounts, a tumultuous relationship fraught with court cases, fights and the amazing disaster that was Shanghai Surprise.

But, hey — perhaps the past 30 years have mellowed out the stars. Oh man — like an adult who continues to hold out hope that their divorced parents will get back together despite living in different states for 20 years — I want this so much.



Mila Kunis

Kutcher and Kunis heating up

Ashton Kutcher and Mila Kunis continue to sweep New York with public displays of affection, this time treating themselves to gelato, according to People magazine.

"When they walked out, Ashton fed Mila some

of her ice cream," a source said. "They were very cute together."

Kutcher has been staying with Kunis while she films a movie in New York, and while there they've done little to hide their love.

Twitter



@hughhefner

I'm working on my scrapbook this afternoon, Volumes 2610-1, covering May 27-June 1, 2012, including the return of Crystal. Happy days!



@RealHughJackman

On set for my birthday. Thanks for all the best wishes!



@stephenfry

Wonderful lunch with a friend & his family in Kent. Then a stout walk in leafy lanes & woods. How beautiful the countryside there is.



@SarahSilverman

No one's looking

The award-winning, feature documentary
I'M FINE, THANKS

is coming to the Plaza Theatre
in Kensington on October 17!

A collection of stories about life, the choices we all make, and the paths we ultimately decide to follow,

"I'M FINE, THANKS"

examines whether the path we follow through life is truly connected to who we are.

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Ditching the very distracted dinner table

Family time. Sitting down to eat together is an important part of inspiring and engaging



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

My 13-year-old daughter came home from school and said her teacher had asked the class how many families had dinner together on a regular basis.

To her (and my) surprise, she was the only one who raised her hand. Fellow students reported that they were more likely to eat in front of the television alone, in their rooms or grab fast food on the way to an activity.

When kids are little, parents physically have to be in attendance to make sure their nutritional, hygienic and logistical needs are met during meals.

As they get older, the physical needs wane, and it can seem easier to just have everyone



Adults are also encouraged to share parts of their day at the dinner table. SUBMITTED

Benefits

The studies speak loud and clear.

- **Healthy lives.** Numerous studies have shown that benefits of families sharing meals include: children being less likely to develop eating disorders, better communication between kids and parents, more fruits and veggies being eaten and kids being more likely to maintain an appropriate body weight.

take care of themselves. Additionally, it can become more difficult for families to find an evening when there isn't a hockey game, a late meeting or a school fundraising activity to get to — which makes it all the more important to find the time to eat together on the nights where everyone can make it to the table.

Not only does it inspire and engage the children in conversation about their day, but it helps to avoid the number one complaint that parents have about bad table manners they see in their own and other kids: The inability of kids to sit still during a meal.

Technology has invaded our dinner space with television, tablets, and, of course, the constant use of smartphones, with email and texting. Eliminate the distractions and start talking. Mom and dad need to be the role models for this behaviour, so put away the phone before you sit down at the table, and make it a family rule.

Conversation lagging? Consider bringing some quiz questions to the table on current events that are age appropriate for your children.

Adults are also encouraged to share parts of their day, to allow the kids to better understand the challenges and suc-

cesses they're having.

Where possible, try not to schedule after-school lessons and sports at a time that makes a family meal logistically challenging. Consider changing your "regular" meal time to one that most of the family can manage.

Make sure homework is out of the way as early as possible, so dinner time doesn't have to be fraught with the stress of work to come.

Get the kids involved in meal planning, and remember, it doesn't hurt to have them take responsibility for table setting and clearing. Make it a family activity. Bon

appétit!

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @ [KATHYBUCKWORTH](https://twitter.com/KATHYBUCKWORTH)

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A sweet ending in a small bite

Glazed Apple-Ricotta Tarts



This recipe makes 12 tarts. NEWS CANADA

Homemade pastry sets the stage for a creamy-sweet combo of ricotta cheese and apples.

1. Pastry: In measuring cup, whisk together sour cream and water. Keep cold in refrigerator.

2. In food processor, pulse together flour, cornmeal, sugar and salt to combine.

3. Pulse in butter until mix resembles large peas. Pulse in chilled sour cream mix until a rough dough forms. Cover in plastic wrap and flatten into disc. Chill at least one hour.

4. Filling: In saucepan over medium low heat, stir apples, sugar, Calvados and lemon zest; cook, covered, stirring occasionally, until apples are very tender, about 30 minutes. Remove from heat and let cool. Stir in ricotta.

5. Preheat oven to 375 F (190 C). Divide dough into 12 pieces and roll into 4-inch (10 cm) discs. Arrange in greased muffin tin. Repeat with remaining dough. Fill each with 2 heaping tablespoons (30 ml) of apple ricotta mix. Fan apple slices over top of each tart. Melt jelly in microwave for about 30 seconds or until pourable. Drizzle over each tart.

Ingredients

Pastry

- 1/4 cup (50 ml) sour cream
- 1/3 cup (75 ml) ice water
- 1 cup (250 ml) unbleached all-purpose flour
- 1/4 cup (5 ml) cornmeal
- 1 tbsp (15 ml) granulated sugar
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) cold butter, cubed

Filling

- 2 lbs (1 kg) apples (such as Spartan, Cortland or Empire), peeled, cored and diced
- 1/4 cup (5 ml) granulated sugar
- 1/4 cup (50 ml) Calvados (apple flavoured liqueur)
- 1 tbsp (15 ml) lemon zest
- 1/4 cup (50 ml) whole-milk ricotta cheese

Topping

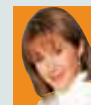
- 2 apples, peeled, cored and thinly sliced
- 1/4 cup (5 ml) bottled apple jelly

6. Bake in centre of preheated oven until pastry is golden and filling is bubbling, about 45 minutes. Transfer to cooling rack and cool 10 minutes before removing tarts from tin.

NEWS CANADA

Healthy eating

Choose it and lose it



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There's nothing like heading to the movie theatre and grabbing a bag of popcorn. But unless you're interested in consuming loads of calories, fat and sodium, watch what you purchase.

Large popcorn with 5 pumps of butter topping, large pop and peanut M&M's

2,280 calories/ 109 gm fat/ 1,380 mg sodium This snack contains an entire day's worth of fat, calories and sodium.



Equivalent

Mindless snacking on a large popcorn with five pumps of butter topping, large pop and peanut M&M's while watching a movie, may lead you to eat the equivalent, in calories, to two pounds of barbecued pork back ribs.



Small popcorn with 1 pump of Becel, small diet pop and Mars bar

840 calories/ 49 gm fat/ 600 mg sodium You can indulge at your fave flick but it's still not nutritional.



Discover the unique treat that is Gorp-Stuffed Apple Bowls

The best thing about gorp is being able to customize it and add all of your favourite fruits and nuts. Substitute soy nuts for the peanuts if nut allergies are a concern.

1. In a large bowl, combine all ingredients and gently mix well. Store in an airtight container.

Ingredients

Gorp

- 1/2 cup toasted coconut flakes
- 1/2 cup roasted, unsalted cashews
- 1/2 cup roasted, unsalted almonds
- 1/2 cup roasted, salted peanuts or soy nuts
- 1/2 cup banana chips, lightly crushed
- 1/2 cup M&M's
- 1/2 cup peanut M&M's
- 1/4 cup toasted pepitas (shelled pumpkin seeds)
- 1/4 cup dried cherries
- 1/4 cup raisins
- 1/4 cup diced dried apricots
- 1/4 cup finely diced crystallized ginger

Gorp-Stuffed Apple Bowls

- 1/2 cup gorp
- 1/4 cup peanut butter, almond butter or soy nut butter
- 2 large tart apples, such as Granny Smith or Pink Lady
- Lemon juice



Customize this snack. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Place the gorp in a food processor and pulse for 3 to 5 seconds, or until lightly chopped. Transfer to a small bowl and mix in the peanut butter. Set aside.

2. To make the apple bowls, carefully slice each apple in half down the centre. Use a melon baller to hollow out each of the 4 apple halves, leaving about 1/2 inch of apple flesh to form the bowls. Brush the apples with lemon juice to prevent

browning.

3. Spoon a quarter of the peanut butter mixture into each apple half. Serve immediately or wrap to pack for lunch. To wrap, press 2 of the apple halves together, then wrap in plastic. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, A GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK.**

Apple Cranberry Brûlée. Combine two fall faves



Ingredients

- 2 medium apples, peeled, cored, quartered and sliced
- 1/3 cup dried cranberries
- 5 tbsp maple syrup, divided
- 3 tbsp brandy, divided
- 1 large egg yolk
- 1 tbsp cornstarch
- 1/2 tsp vanilla extract
- Pinch table salt
- 2 large egg whites, room temperature
- 2 tbsp dark brown sugar

1. Heat the oven to 450 F. In 9-inch round shallow baking dish, combine apples, cranberries, 2 tablespoons maple syrup and 2 tablespoons brandy.

2. Cover baking dish with foil and bake in middle of oven 35 minutes, or until paring knife goes through apples very easily. Remove from oven and increase the oven heat to 500 F.

3. While apples baking, in bowl, whisk egg yolk, remaining 3 tablespoons maple syrup, remaining tablespoon brandy, cornstarch, vanilla and salt. Set aside.

4. Once apples tender, in another medium bowl, beat egg whites until form soft peaks. Stir one half of whites into yolk mix, then gently but thoroughly fold in remaining whites. Spread mixture evenly over the top of apples.

5. Place brown sugar in a mesh sieve. Hold sieve above egg topping and press sugar through it to evenly sprinkle it over topping. Bake dessert in top third of the oven until nicely browned, about 2 minutes.

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Mentoring helps people to focus on business challenges and arrive at ways to overcome them. For small business owners, research has shown that having a mentor can substantially

increase the overall success rate.

Yet, like all relationships, a mentoring relationship takes time and work.

The Canadian Youth Business Foundation, an organization that provides mentors to young entrepreneurs, suggests the following key attributes for a successful mentoring relationship:

Trust

Built over time, trust means being able to share sensitive information, including personal doubts, financials and mistakes. Trust is gained from a mentee by remaining neutral while offering actionable advice.

A mentor grows to trust their mentee when they see their advice reflected upon and applied.

Mutual respect



All meetings should have some structure so that they can be productive and meet all expectations. ISTOCK

When choosing a mentor most individuals chose

someone that they respect for some aspect of their

personality or success. This has to be ongoing and work both ways. The mentor also needs to respect their mentee's ideas, experiences and concerns. Each side needs to respect the other's time and commitments.

Structure

There should be clear boundaries in the relationship, such as defining appropriate areas for advice; making sure that communications from both parties are timely; and scheduling times to meet or talk.

NEWS CANADA

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The In-Credibility Factor

Name: Devon Brooks
City: Vancouver
Age: 26
Occupation: Brand and business advisor, public speaker



THE IN-CREDIBILITY FACTOR
Teresa Krueze
life@metronews.ca

Devon started Blo Blow Dry Bar with two other women when she was still in school, and today it has grown to 28 locations across Canada and the U.S. While starting her business no one knew she was going through post traumatic stress disorder from being raped when she was 18 and violently

assaulted and held against her will when she was 21. Today she speaks about her experiences and how personal troubles shape our lives and affect how we do business.

I knew I was on my way when... I gave my first public talk about my experiences with assault. I knew sharing this was the most important thing I was going to do. You're not always responsible for what happens to you, but you are responsible for how you behave. As a leader, if you're not abreast of what's impacting humanity, you can't understand what's impacting your people. Statistics around violence are staggering. Leadership is in how we react to what we learn — it shapes and defines the future for our companies, teams, and our lives.

Action Plan

- Define your core values: They are the essence of us as individuals and the foundation of our company's potential. Live and die by your values. Hire and fire by your values.
- Never sacrifice them: Most things in life are negotiable. Your values are not one of them.
- Get real on passion: Passion is a choice. It is when you give something more energy than is required. Passion is your core values in action.



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GET A TASTE OF MRU ENTREPRENEURSHIP

It has been a short drive to down the road to success for the Naaco Truck.

Hitting the road only four months ago, owners of the Indian cuisine-themed food truck already have a number of accolades under their hood.

Being named the best new midway food at the Calgary Stampede, best new food truck by Citytv's Breakfast Television, and being featured on The Food Network's Eat St., owners Aman Adatia and Stephanie Shields could not be more thrilled with the road so far.

"Starting this business was a kind of serendipitous type thing," Adatia says.

"This year has been really good."

Both Adatia and Shields are born and

bred Calgarians, but wanted to bring a new flavour to the Calgary cuisine table.

They wanted to take traditional Indian food and put a new spin on it.

"We have taken the platform and turned it on its head," Adatia says.

"I think we offer something that is so unique."

Adatia and Shields had the idea for the truck in 2011, but were unsure about how to make the idea work for them.

Adatia decided to enroll in the entrepreneurship certificate of completion through the Faculty of Continuing Education and Extension at Mount Royal University.

"It put a lot of things into perspec-



MICHAEL POON PHOTO

tive," Adatia says.

"We started absolutely from scratch, it was something that made it very difficult, but also very rewarding."

Walking into the course with an already working business plan and training in the culinary arts, Adatia said the course really helped with learning how to manage a start-up business.

He added how the instructors also played a big role in his current success

as a small business.

"If anything, you are going to come out of the course with some incredible mentors," Adatia says.

Now that his business has been up and running for the last few months, Adatia says he has learned one big thing.

"Something will go wrong every day," Adatia says.

But he adds that how you deal with it is how you will learn to succeed.

The entrepreneurship certificate of completion consists of six courses (56 hours in total).

Some of the skills students will learn include: How to create a business plan, marketing plan, managing risk and financial planning.

Courses may also be taken individually to suit the needs of the business.

For more information on how to take your great business idea and turn it into a reality, visit conted.mtroyal.ca/smallbusiness.

QUESTIONS TO ASK YOURSELF

BEFORE BECOMING YOUR OWN BOSS

Entrepreneurship dangles an enticing carrot — be your own boss. Work your own hours. But what should you know before reaching out for this exciting, yet risky venture?

Here are five questions to consider.

1 ARE YOU PREPARED FOR AN UNSTRUCTURED ENVIRONMENT? "There's a lot of structure that exists in a regular work environment. And if you're thinking about opening a business, then suddenly any-

thing you know about structure goes right out the window," says Tracey Scarlett, CEO, Alberta Women Entrepreneurs based in Edmonton and Calgary. "You need to be able to deal with uncertainty and even not knowing exactly what your revenue might end up being."

2 IS YOUR PRODUCT NEEDED? "You'll need to learn if there is a demand for your product or service and whether growth potential exists in the marketplace," says Ray Kooner, business adviser with Vancouver-based Small Business BC. "A competitive analysis will reveal who your direct competitors are, what they are offering and at what price point, and this can help you

uncover your niche and better develop a competitive edge."

3 DO YOU HAVE A NEST EGG? "Don't expect to turn a profit in the first month," Scarlett warns. "It will take awhile and an investment of time and money before you make money." Scarlett recommends figuring out how many months you can go without drawing a salary and still maintain your life. "You need to calculate that so that you don't go into debt unexpectedly."

4 ARE THERE ANY BARRIERS? Think licensing, accreditation, regulations and more. "Thoroughly research entry into your industry and assess whether it's achievable to go into it," Kooner says.



ISTOCKPHOTO/THINKSTOCK

"And keep in mind: The greater the barrier to entry, the less competition that exists."

5 DO YOU HAVE PERSONAL SUPPORT? What supports are around you? "If you've got a family, how supportive is your spouse about this? Do you have other family commitments?" Scarlett asks. "Your time really becomes stretched in your own business because you're dealing with whatever needs to be dealt with to ensure the business goes forward."



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HOW TO RETAIN TOP TALENT

IN SMALL BUSINESS

In an era where business models and products can be easily replicated, retaining top talent remains a sure-fire way to stay competitive. Suspect that someone is trying to poach your talent? Particularly for small businesses, it can be challenging to know what your most valued employees really want beyond a competitive salary.

SPOT THE WARNING SIGNS

First and foremost, keep an eye out for the red flags that signal an unsatisfied employee. Keep the lines of communication open about how they find their work, the office environment, and how they feel about their workload. It's easier to remedy a minor irritation than it is a major problem, so don't assume that no news is good news. Take an interest in an employee's satisfaction more than once a year.

FLEXIBLE SCHEDULE

More and more these days, a flexible schedule is the single most important factor in keeping employees happy. People with a long commute may like to shift their working hours earlier or later. People with kids have different needs for summer months. Being able to offer flexibility for employees continually ranks as a key factor in job satisfaction.



WORKING FROM HOME

Are you able to offer the option of working from home sometimes? This has become a viable option for a lot of industries, and the ability to work from home is a huge factor in talent retention. There are tricks to making the arrangement work well, and it is usually a worthwhile investment for small businesses.

Putting value in work done and goals achieved, rather than in actually time spent at a desk in the office, tells employees

that you trust them. And work/life balance continually strikes a chord with in-demand people.

FIGURE OUT WHAT MOTIVATES THEM

The ultimate key to keeping employees happy is to figure out what motivates them, and that varies by person and by industry. For some, it is commission or bonuses, so consider a profit sharing arrangement rather than a traditional bonus. Others are different. People in service-based positions like nursing or customer service take a lot from praise outside of the company, so communicating external feedback is important.

Evaluate what motivates your employee most, and tailor your approach for that person.

IT'S ALL ABOUT THE PACKAGE

Top talent is looking for a total package: health and dental insurance, disability, and all that comes with it. That may be more difficult for a small business to organize, but it's usually worth looking at options. Benefits, however, play less of a role in retention than many of the smaller things



like flexible working hours — good news for those with limited resources.

Another idea that small businesses are embracing is smaller incentives for things like travel costs, or a health and fitness allowance.

CAREER DEVELOPMENT OPTIONS

Maybe you can't offer tuition reimbursement as a larger organization can, but what about a different creative way of encouraging professional development? Can you offer company access to online learning sessions, or co-ordinate some kind of cross training where they learn and develop other skills? Think creatively about what would work for your industry.

WORK CULTURE

Small businesses can offer something that large corporations sometimes can't — a tightknit, collaborative team. Making work fun (as arbitrary as that may sound) makes a difference to people, and can help the day-to-day become much more enjoyable.

Go to workopolis.com/resources to read more. — *Workopolis*



HIRE RIGHT THE FIRST TIME: THREE MISTAKES TO AVOID

Hiring the wrong person can be huge expense for a small business. Get it right the first time and avoid these three incredibly common hiring blunders.

1 DON'T GET BACKED INTO A CORNER. This might be the situation we see most in small businesses. You need to find someone fast, but you can't find the candidate who is quite right. So you settle because


of the pressure to find someone quickly. Big mistake. Even if a candidate is "OK" in a number of areas, 10 "just OKs" does not make one overall "excellent." Take the time to find the ideal candidate, and you won't have to do it again six months later.

2 FORGOING SKILL TESTING. It seems logical that if someone says they have

expert level skills in something they would actually have them, right? Sometimes, sure. But actions speak louder than words. It can be beneficial to do some on-the-spot skill testing to verify a candidate's claims — be it editing, coding, cold calling, or using any kind of software program. There's nothing wrong with asking people to show you what they've got.

3 NOT MEETING THE TEAM. Team interviews are increasingly becoming part of the hiring process in small businesses where members work together closely. This can serve as a great opportunity to observe how a candidate would fit into their prospective new team by soliciting feedback from each team member.

Go to workopolis.com/resources to read more. — *Workopolis*



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WORKOPOLIS

HOW TO BUILD YOUR OWN SMALL BUSINESS

START OUT WITH A STRONG PLAN

Owning a small business can be one of the most exciting and rewarding experiences of your professional career. But becoming your own boss is not for the faint of heart. Whether you are purchasing an existing business or starting one from scratch, the first few years are the most crucial, requiring solid planning, hard work and unwavering passion for what you do.

TD Canada Trust offers tips to entrepreneurs who are considering starting their own small business:

SOLID PLANNING IS NON-NEGOTIABLE

As the saying goes, “fail to plan, and you are planning to fail.” A strong business plan should clearly and concisely outline your long- and short-term goals, and how you are going to get there. Make sure your plan includes a strategy for the marketing, operations and financing and that it’s updated at least annually. Your

business plan is not only a good way to keep you focused on your goal, but it will also play a huge role when securing capital from potential investors.

CHECK THE PULSE ON CASH FLOW

Cash flow is the lifeblood of all growing businesses, so keeping a close eye on your company’s financials is critical. A company with strong profits on the income statement, but which is tardy in collecting its receivables or does not manage its cash flow tightly, may go bankrupt if it does not have the cash to service its obligations.

ASK FOR EXPERT ADVICE

Entrepreneurs sometimes have trouble asking for help, but the most successful small business owners surround themselves with experts to navigate through the challenges. The small business advisers at your bank can help you with financial solutions to ensure you have the right cash flow management system in place to take your business to the next level.

— News Canada



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SPARKLING CREATIONS

KEEPING JEWELRY IN THE FAMILY AT AMASWISS

A passion for designing jewelry has Teresa Mirzaee, co-owner of Amaswiss, following in her father’s footsteps to create one-of-a-kind custom-made jewelry in Calgary.

Mirzaee, who studied astrophysics and management, left it all behind because of the thrill crafting unique pieces brought.

“There is no way to describe the feeling to see someone walk out of your store with a big smile, happy with their new piece, or hear others talk about the design that they saw worn by someone that was designed by us,” says Mirzaee, co-owner of Amaswiss Diamond Watches & Jewellery.

Amaswiss is a family-run business with the main office based in Toronto.

Mirzaee decided to open up shop in Inglewood after working side by side with her father for a number of years.

“It has always been a part of our life, to hear our dad’s tools going in the middle of



Teresa Mirzaee

CONTRIBUTED

the night,” Mirzaee says.

“He has been making jewelry from the time he was only 14 years old.”

Popular among celebrities for their unique work, a number of well-known Canadian celebrities sport Amaswiss custom creations.

One service that surprises many customers is the ability of Amaswiss to take your old or outdated jewelry and design a custom one-of-a-kind piece.

“Go ahead and take a look at your jewelry box and bring it to us,” says Mirzaee.

“We will melt your own gold and make a new design that you are sure to be in love with.”

Visit Amaswiss at 1420 9th Ave. SE, or online at fashionofjewellery.com.

BANKING ON A DREAM BUSINESS

SCOTIABANK SEES WISDOM OF COUPLE'S PLANS

One year ago, Amy and Chris Masich took a bold step and opened Luna + Hill, a unique clothing store in downtown Saskatoon. The store represents many things to the couple: The realization of a long-held dream; the culmination of years of careful planning; and a significant risk.

"Although we had talked about going into the clothing business for years, we didn't act on it until we both had established, stable careers," says Chris Masich, a lawyer. Amy Masich was a school teacher. In their mid-20s, the husband-and-wife team set out on a new path: Creating the shop they had long envisioned.

As two accomplished professionals, they took a comprehensive, studied approach to developing a business plan. They visited and interviewed retailers in Vancouver, San Francisco and other West Coast cities. They identified potential suppliers and clothing lines, studied demographic and economic projections for Sas-



GEORGE DOYLE/STOCKBYTE/THINKSTOCK

katoon, and met with local bankers. Only one, Scotiabank, seemed sympathetic.

"Unlike the other banks we visited, the folks at Scotiabank saw the wisdom of our plans, and offered helpful advice on everything from insurance and point-of-sale terminals to marketing mentorships," says Chris Masich. "They recognized that what we wanted to create would not only be feasible, but also good for the community."

Scotiabank provided the start-up loan the couple needed to renovate a shop in

downtown Saskatoon and acquire inventory, along with the line of credit needed to maintain cash flow throughout the retail cycle. The bank's support, along with the strength of the Luna + Hill brand, continue to drive the business' success.

Luna + Hill closely reflects the personalities of Amy and Chris Masich. There are clear commitments to the environment and the community, for instance; concepts such as fair trade, handmade, locally produced, organic and recycling are all taken seriously. The brand marries casual

5 KEYS TO SUCCESS

- 1 Write a business plan that includes everything from marketing and operations costs to revenue projections.
 - 2 Understand and apply your unique skills and expertise to the business.
 - 3 Clearly identify, define and target your market.
 - 4 Develop a value proposition — understand how your product or service adds value to your customers.
 - 5 Find reliable, trustworthy advisers who can provide the expertise you are looking for.
- Visit getgrowingforbusiness.com for more information.

urban chic with Prairie practicality and modesty. Customers are served tea and encouraged to learn about where and how the clothes are made, and how to care for them properly.

"It's a thrill for us to share our passion with customers," says Chris Masich. "It feels like we're on this journey together."

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Umpire Jeff Nelson watches Detroit's Omar Infante dive back to second as Yankee Robinson Cano applies the tag on Sunday night at Yankee Stadium. Nelson called Infante safe on the game-changing play in the eighth inning. BRUCE BENNETT/GETTY IMAGES

Missed call propels Tigers to 2-0 lead

ALCS. Umpire's gaffe leads to pair of Detroit runs in tightly contested Game 2

The Detroit Tigers got a big boost from Anibal Sanchez's arm. They got a helping hand from an umpire, too.

The reward: A commanding 2-0 lead in the AL championship series, and a trip home with their ace ready to start.

Sanchez shut down a Yankees lineup minus injured Derek Jeter, Detroit scored twice after an admitted missed

Game 2	
3	0
Tigers	Yankees

call by an ump and won without any extra-inning drama, beating New York 3-0 Sunday.

"He was terrific," Detroit manager Jim Leyland said. "This is a tough place to pitch with a tough lineup and a short porch. And a whole bunch of left-handed hitters,

it is not easy. That was quite a feat."

New York starter Hiroki Kuroda pitched perfect ball into the sixth inning to keep pace with Sanchez. But Robinson Cano and the slumping Yankees hitters were no match for the 28-year-old right-hander a day after their captain broke his ankle in the 12th inning of a 6-4 loss.

"I try to think backwards," Sanchez said. "If the count calls for a fastball, I throw a different pitch. If the count calls for a different pitch, I throw a fastball. I try to mix my speeds."

Delmon Young gave

Sanchez his first run of support in these playoffs with a fielder's choice in the seventh. The Tigers then scored twice in the eighth after second-base umpire Jeff Nelson missed a call on a two-out tag at second base. Yankees manager Joe Girardi argued, and was ejected on his 48th birthday.

"The hand did not get in before the tag," Nelson said after seeing a replay. "The call was incorrect."

Game 3 in the best-of-seven series is Tuesday night in Detroit, with reigning AL MVP Justin Verlander starting for the Tigers against Phil Hughes.

THE ASSOCIATED PRESS

CFL

Als double up on Double Blue to tighten grip on East

Jamel Richardson and Shea Emry scored second-half touchdowns on Sunday to give the Montreal Alouettes a 24-12 victory over the Toronto Argonauts — and a home playoff date.

Richardson scored on a 75-yard touchdown reception at 12:25 in the third quarter for the East Division leaders.

The game was a huge one with first place in the East on the line between two teams battling for post-season positioning. The victory put the Alouettes (9-6) in the driver's seat, leading Toronto (7-8) by four points with three games left and owning the tie-breaker.

THE CANADIAN PRESS



Montreal's Jamel Richardson makes a catch under pressure from Pat Watkins on Sunday in Toronto. THE CANADIAN PRESS

NFL

Seahawks surge past Patriots late on Rice's TD catch

Russell Wilson found Sidney Rice behind the secondary for a 46-yard touchdown with 1:18 remaining, and the Seattle Seahawks rallied for 14 points in the final 7:31 to stun the New England Patriots 24-23 Sunday.

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Sports in pictures



1 NBA. Heat fall to Clippers in Shanghai

Blake Griffin of the Los Angeles Clippers shoots against the Miami Heat Sunday in a pre-season basketball game in Shanghai, China, Sunday. The Clippers beat the Heat 99-89.

THE ASSOCIATED PRESS

2 F1. Vettel takes hold of 1st in standings

Red Bull driver Sebastian Vettel won the Korean Grand Prix on Sunday to move ahead of Ferrari's Fernando Alonso in the Formula One championship standings by six points with four races remaining.

THE ASSOCIATED PRESS

3 Tennis. Djokovic wins U.S. Open rematch in China

Novak Djokovic saved five match points in the second set before outlasting two-time defending champion Andy Murray 5-7, 7-6 (11), 6-3 on Sunday in the Shanghai Masters final.

THE ASSOCIATED PRESS



Jason Hanson of the Detroit Lions celebrates after kicking a 45-yard field goal in overtime against the Philadelphia Eagles on Sunday in Philadelphia. JOE ROBBINS/GETTY IMAGES

NFL. Falcons extend perfect start despite imperfect performance

Matt Ryan and the Atlanta Falcons have plenty of mistakes to work on during their bye week.

Of course, it's sure easier to fix the problems when you're still unbeaten.

Asante Samuel returned an interception 79 yards for a touchdown in the closing minutes and Matt Bryant connected on a 55-yard field goal with one second remaining, allowing the Falcons to escape with a sloppy 23-20 victory over the Oakland Raiders on Sunday.

Overcoming three interceptions by Matt Ryan, the



Asante Samuel of the Atlanta Falcons celebrates after the game Sunday in Atlanta. GETTY IMAGES

Sunday's game

23	20
Falcons	Raiders

Falcons (6-0) extended the best start in franchise history.

It wasn't easy against the pesky Raiders (1-4), who bounced back from Samuel's pick to tie the game with less than a minute to go, but left a little too much time on the clock for Atlanta's final possession.

Ryan completed four short passes, the last of them a 13-yarder to Tony Gonzalez that got Bryant in range for his longest field goal since joining the Falcons in 2009 — and his second game-winning kick in three weeks. He beat the Panthers 30-28 on a 40-yard field goal with five seconds left.

"He knows how to get himself prepared, how to calm himself down, how to get it through those pipes," Ryan said. "He's made a lot of clutch kicks for us through the years."

THE ASSOCIATED PRESS

Lions show 'a lot of heart' in staging late comeback

NFL. Desperate Detroit rallies in fourth quarter to avoid woeful 1-4 start to the season

Nnamdi Asomugha sat at his locker stall in full uniform with his head down long after the Philadelphia Eagles blew one they had in their grasp.

It'll be a long bye week for this turnover-prone team.

Matthew Stafford rallied desperate Detroit back from a 10-point fourth-quarter deficit, Jason Hanson kicked a 45-yard field goal in overtime and the Lions beat the Eagles 26-23 on Sunday.

"This is pretty bad because

Quoted

"They wanted it more. We blew it."

Philadelphia Eagles cornerback Dominique Rodgers-Cromartie

Sunday's game

26	23
Lions	Eagles

this was a big game for us," said Asomugha, the two-time All-Pro cornerback. "We lost last week, and going into a bye, this hurts a lot because it would have helped us. If we can't win a game like that, we have to go back to the drawing board. We have to close out a game like that."

A defence that held Stafford and Calvin Johnson in check for 3 1/2 quarters collapsed at the end for the second straight week, and the Eagles (3-3) enter the bye with consecutive late losses. Ben Roethlisberger led Pittsburgh on a long drive that ended with a final-second field goal

for a 16-14 win last Sunday.

Stafford led Detroit to 17 points in the last 10 minutes to force overtime, throwing a TD pass and running for a score. He finished with 311 yards passing, one TD and one interception.

The comeback kept the Lions (2-3) from a 1-4 start a year after opening 5-0 en route to their first playoff appearance since 1999.

"It takes lot of heart," Stafford said. "It would have been a lot easier to just pack it in. This team has lot of fight. We didn't play great. We did on defence, not on offence. Every guy in that locker-room didn't stop playing and that's what got us the win."

Michael Vick threw for 311 yards and two TDs, but he also had two interceptions and a botched snap led to another lost fumble. The Eagles now have 17 turnovers in six games, including 13 by Vick on eight picks and five fumbles. THE ASSOCIATED PRESS

NFL

Rodgers tosses six TDs in win

Aaron Rodgers set a career high and tied a franchise record with six touchdown passes, three to Jordy Nelson, and the Green Bay Packers routed the previously unbeaten Houston Texans 42-24 on Sunday night.

James Jones caught two touchdown passes for the Packers (3-3). Tom Crabtree had the other one, a 48-yarder that Rodgers threw just before taking a hit from Houston linebacker Brooks Reed.

Rodgers completed 24 of 37 passes for 338 yards. He tied Matt Flynn's game record for TD passes, set in last year's regular-season finale against Detroit.

THE ASSOCIATED PRESS



Aaron Rodgers of the Green Bay Packers on Sunday in Houston, Texas. GETTY IMAGES

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MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7; x-if necessary)

N.Y. YANKEES VS. DETROIT TIGERS

(Detroit leads series 2-0)

Sunday's result

Detroit 3 N.Y. Yankees 0

Saturday's result

Detroit 6 N.Y. Yankees 4 (12 innings)

Tuesday's game — All Times Eastern

N.Y. Yankees (Hughes 16-13) at Detroit

(Verlander 17-8); 8:07 p.m.

Wednesday's game

N.Y. Yankees (Sabathia 15-6) at Detroit

(Scherzer 16-7); 8:07 p.m.

Thursday's game

x-New York at Detroit; 4:07 p.m.

Saturday, Oct. 20

x-Detroit at New York; 8:07 p.m.

Sunday, Oct. 21

x-Detroit at New York; 8:15 p.m.

TIGERS 3 YANKEES 0

Detroit	ab	r	h	bi	New York	ab	r	h	bi
AJacks cf	4	1	1	0	ISuzuki lf	4	0	0	0
Berry lf	3	1	1	0	Cano 2b	4	0	0	0
AGarci ph-rf	1	0	1	1	Teixeira 1b	4	0	1	0
McCarr 3b	4	0	2	0	IBanez dh	2	0	1	0
Felder 1b	3	0	0	0	RMartin c	4	0	0	0
DYang dh	4	0	0	1	Alldredg 3b	4	0	1	0
Dirks rf-lf	4	0	0	0	Gmdrs cf	3	0	0	0
JhPett ss	4	0	2	0	Swisher rf	3	0	1	0
Avila c	4	0	0	0	JMux ss	3	0	0	0
Infante 2b	4	1	1	0					
Totals	35	3	8	3	Totals	31	0	4	0

Detroit 000 000 120 — 3

New York 000 000 000 — 0

E—A.Sanchez (1), LOB—Detroit 6, New York 7.

2B—Berry (1), Teixeira (1), SB—Granderson (1), CS—Ibanez (1).

Detroit

A.Sanchez W,1-0 7 3 0 0 0 3 7

Coke S,1-1 2 1 0 0 0 0 3

New York

Kuroda L,0-1 7 2 3 5 3 3 0 11

Logan 0 1 0 0 0 0 0

Chamberlain 0 1 0 0 0 0 0

Rapada 0 0 0 0 0 1 0

Eppley 11-3 1 0 0 0 0 2

Logan pitched to 1 batter in the 8th.

Chamberlain pitched to 1 batter in the 8th.

Rapada pitched to 1 batter in the 8th.

Umpires—Home, Rob Drake; First, Sam Holbrook;

Second, Jeff Nelson; Third, Gary Cederstrom;

Right, Jeff Kellogg; Left, Mike Winters.

T—3:18. A—47,082 (50,291) at New York.

NBA PRESEASON

Sunday's results

L.A. Clippers 99 Miami 89

San Antonio 116 Houston 107

Memphis 110 Atlanta 102

Saturday's results

Brooklyn 108 Philadelphia 105, OT

New York 98 Boston 95, OT

Washington 99 Cleveland 95

Minnesota 82 Chicago 75

Milwaukee 108 Detroit 91

Utah 99 L.A. Lakers 86

Monday's games — All Times Eastern

Boston at Philadelphia, 7 p.m.

Orlando vs. Cleveland at Cincinnati, OH, 7 p.m.

Washington at Brooklyn, 7:30 p.m.

Houston at Dallas, 8:30 p.m.

Golden State at Denver, 9 p.m.

Portland at Sacramento, 10 p.m.

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES

(Best-of-7; x-if necessary)

SAN FRANCISCO VS. ST. LOUIS

(St. Louis leads series 1-0)

Sunday's result

St. Louis 6 San Francisco 4

Monday's game — All Times Eastern

St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9); 8:07 p.m.

Wednesday's game

San Francisco at St. Louis; 4:07 p.m.

Thursday's game

San Francisco at St. Louis; 8:07 p.m.

Friday, Oct. 19:

x-San Francisco at St. Louis; 8:07 p.m.

Sunday, Oct. 21:

St. Louis at San Francisco; 4:45 p.m.

Monday, Oct. 22:

St. Louis at San Francisco; 8:07 p.m.

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MLS

EASTERN CONFERENCE

x-Kansas City	GP	W	L	T	GF	GA	Pt
x-Chicago	32	17	7	8	40	26	59
D.C. United	32	17	10	5	45	39	56
New York	32	15	9	8	54	46	53
Houston	32	13	8	11	45	38	50
Columbus	32	14	11	7	40	40	49
Montreal	32	12	15	5	45	50	41
Philadelphia	31	10	15	6	35	37	36
New England	32	7	17	8	37	44	29
Toronto	32	5	20	7	35	60	22

WESTERN CONFERENCE

x-San Jose	GP	W	L	T	GF	GA	Pt
x-Real Salt Lake	32	17	11	4	46	35	55
x-Seattle	31	14	7	10	48	31	52
x-Los Angeles	32	15	12	5	56	45	50
Vancouver	32	11	12	9	35	40	42
Dallas	32	9	12	11	39	42	38
Colorado	32	9	19	4	40	50	31
Portland	32	7	16	9	32	55	30
Chivas USA	32	7	17	8	22	54	29

x—Cinched playoff berth.

Wednesday, Oct. 17 — All Times Eastern

Real Salt Lake at Seattle, 11 p.m.

Saturday, Oct. 20

Montreal at Toronto, 1:30 p.m.

Kansas City at New York, 7 p.m.

Chicago at New England, 7:30 p.m.

Philadelphia at Houston, 7:30 p.m.

Columbus at D.C. United, 7:30 p.m.

Colorado at Chivas USA, 10:30 p.m.

Sunday, Oct. 21

Los Angeles at San Jose, 7 p.m.

Portland at Vancouver, 7 p.m.

Dallas at Seattle, 9 p.m.

GOLF

PGA

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Par 71

Final Round

Jonas Blixt, \$900,000

Jason Kokrak, \$440,000

Tim Petrovic, \$440,000

John Mallinger, \$196,875

Alexandre Rocha, \$196,875

Vijay Singh, \$196,875

Jimmy Walker, \$196,875

Jeff Overton, \$155,000

Russell Knox, \$140,000

Gary Woodland, \$140,000

Martin Flores, \$106,000

Charles Howell III, \$106,000

Zack Miller, \$106,000

Bryce Molder, \$106,000

Patrick Reed, \$106,000

Steven Bowditch, \$72,500

Scott Dunlap, \$72,500

Ernie Els, \$72,500

Danny Lee, \$72,500

Jeff Maggert, \$72,500

Chez Reavie, \$72,500

Ben Curtis, \$45,071

Mathew Goggin, \$45,071

David Mathis, \$45,071

Nick O'Hern, \$45,071

D.A. Points, \$45,071

Jhonattan Vegas, \$45,071

Greg Owen, \$45,071

Brian Gay, \$31,792

Billy Horschel, \$31,792

Garth Mulroy, \$31,792

Camilo Villegas, \$31,792

Brian Davis, \$31,792

Also:

Stephen Ames, \$10,450

71-68-73-73—285

CFL

WEEK 15

EAST DIVISION

x-Montreal	GP	W	L	T	PF	PA	Pt
Toronto	15	9	6	0	406	417	18
Hamilton	15	7	8	0	339	381	14
Winnipeg	15	5	10	0	438	481	10
	15	4	11	0	295	460	8

WEST DIVISION

x-B.C.	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	402	288	22
Saskatchewan	15	9	6	0	430	350	18
Edmonton	15	8	7	0	397	327	16
	15	7	8	0	351	354	14

x—Clinched playoff berth.

WEEK 16

Sunday's result

Montreal 24 Toronto 12

Saturday's results

Calgary 32 Winnipeg 21

Edmonton 37 Saskatchewan 20

Friday's result

B.C. 37 Hamilton 17

WEEK 17

Friday's games — All Times Eastern

Winnipeg at Toronto, 7 p.m.

Edmonton at B.C., 10 p.m.

Saturday's games

Montreal at Saskatchewan, 3:30 p.m.

Hamilton at Calgary, 7 p.m.

ALOUETTES 24 ARGONAUTS 12

First Quarter

Tor — Single Prefontaine 57 2:21

Tor — Single Prefontaine 59 11:11

Second Quarter

Mtl — Single Whyte 48 2:06

Tor — TD Durie 24 pass from J.Jackson

Horoscopes

Aries

March 21 - April 20

Not even an Aries can be totally independent, not all the time, so accept that this is one of those occasions when others are calling the shots – and don't just assume that their decisions will be bad for you.

Taurus

April 21 - May 21

An offer of some kind may mean more work for you personally but you are big enough to handle it – and smart enough to realize that if you don't take it someone else will. Don't you dare say no!

Gemini

May 22 - June 21

Today's new moon is so well placed in your chart that even the smallest of efforts on your part will yield super-size dividends. Is there a limit to how high you can rise? No there is not, so go for it.

Cancer

June 22 - July 23

It's time to smooth out any problems you may be having at home. Don't wait for loved ones to make the first move – it is up to you to get bad feelings into the open where they can be dealt with.

Leo

July 24 - Aug. 23

You must make more of an effort to put your point of view across, especially in social situations where your way with words could open doors that have been closed to you in the past. Get your silver tongue working.

Virgo

Aug. 24 - Sept. 23

There is a very good chance that your income will increase over the next few days, maybe dramatically so. You will, of course, find more things to spend it on, so you may not be any better off.

Libra

Sept. 24 - Oct. 23

A new moon in your sign is a firm promise of better days ahead. The most important thing now is that you believe you are capable of anything, for the one thing that could hold you back is self-doubt.

Scorpio

Oct. 24 - Nov. 22

You will be thinking deeply today about your life and the direction it seems to be heading. Change is necessary. Change will bring success. But first you must get over your self-doubt – there is simply no need for it.

Sagittarius

Nov. 23 - Dec. 21

New friendships you make over the next two or three days will last a lifetime. Even a Sagittarius needs encouragement now and again and the people you meet will inspire you to aim higher than ever before.

Capricorn

Dec. 22 - Jan. 20

Today's new moon means you are destined for some kind of celebrity status – you will certainly get noticed by the powers that be. Remember though that the bigger your public face the less of a private life you may have.

Aquarius

Jan. 21 - Feb. 19

If you have been thinking about doing something different with your life today's new moon in your fellow Air sign of Libra will help you see that your dream is both possible and desirable.

Pisces

Feb. 20 - March 20

Today's new moon will help you focus on what is important and help you make whatever tough decisions may be necessary. What you achieve before the end of the year depends on what you do now.
SALLY BROMPTON

More of Same

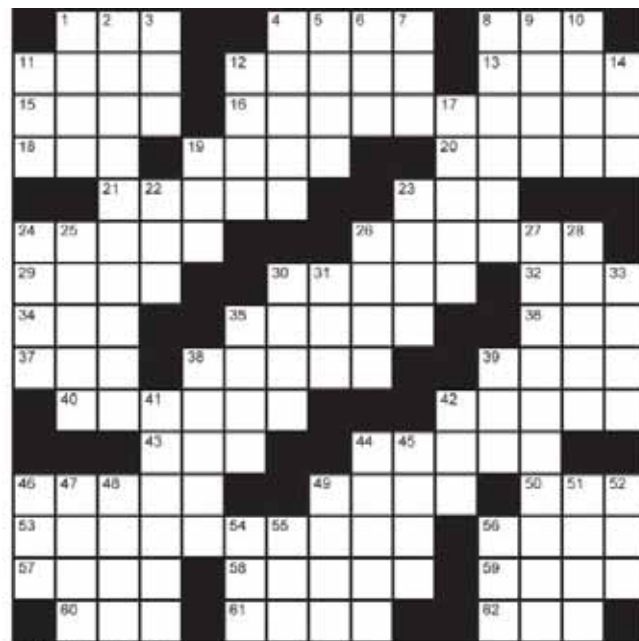
Across

1. Expire
4. Feeling achy
8. Ballplayer's hat
11. Pig sound
12. Chess and checkers
13. ___ the Red: 10th-century explorer who founded the first Norse settlement in Greenland
15. Stockings
16. Visiting faraway places
18. Québec neighbour: abbr.
19. Express pain vocally
20. Assistants
21. Covered with water
23. "Barbara ___": 1966 Beach Boys hit
24. Better suited
26. Slumbers
29. Box office disaster
30. Heads or ___: flip choice
32. Certain batteries
34. Female sheep
35. Cash drawers
36. Street: Fr.
37. ___ star: sheriff's badge
38. Appeal strongly to
39. Sask. neighbour
40. Engraves with acid, as glass
42. Foreign
43. Stop color
44. Christmas visitor
46. ___ as that goes: to that extent (2 wds.)
49. Troubadour
50. Wizard of Oz and 2001: A Space Odyssey studio
53. Capital of the Yukon
56. Protagonist
57. Sole

58. Military bigwigs
59. All over again
60. "Limit: one ___ customer"
61. Heed
62. Pig pen

Down

1. See 8-Down
2. Partial regular payment on a debt
3. ___ out a living: barely manage
4. NS-born singer McLachlan
5. Arabian Peninsula sultanate
6. Race, as an engine
7. 180° from WNW
8. With 1-Down, Charlemagne, Québec-born pop singer who has a spectacular show at Caesars Palace in Las Vegas
9. Dry
10. Scent for a car freshener
11. "So that's it!"
12. Bygone Pontiac muscle cars
14. Metric wts.
17. Country roads
19. Cause surface damage to
22. Spider's lair
23. "___ fair in love and war"
24. Aid, particularly someone in the commission of a crime
25. "Changes," "Fame," and "Let's Dance" rocker David



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26. Buildup at a river's mouth
27. Canada's government
28. Fry in butter
30. Canada's quintessential coffee and donut place, familiarly
31. Mont Blanc or Matterhorn, e.g.
33. Actor Young or Penn
35. Started a golf hole, with "off"
38. "Been ___, done that"
39. PC key usually next to the spacebar
41. Lunar landscape feature
42. In addition
44. Fresh-mouthed
45. Greek counterpart of Mars (god of war)
46. Hole-punching tool
47. Browse at the mall
48. Judge's decision
49. Scottish hillside
51. Between black and white
52. Cut grass
54. The Sopranos home
55. The sun, for one
56. Possesses

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY



MAX: 13°
MIN: 5°

TUESDAY



MAX: 10°
MIN: 5°

WEDNESDAY



MAX: 11°
MIN: -2°



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METEOROLOGIST

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WEEKDAYS 5:30 AM



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